Annual Report

OF THE

Nova Scotia

Alcoholism Research Foundation

1963

QUEEN'S PRINTER

1964

RICHARD A. DONAHOE, LL.B., Q.C.,

Minister of Public Health

Sir:

I beg to offer herewith the Report of the Alcoholism Research Foundation for the year 1963.

Respectfully submitted,

ARTHUR KELSALL,

Chairman

To His Honour,

THE HONOURABLE H. P. MacKEEN, C.D., Q.C.,
Lieutenant Governor of Nova Scotia.

Sir:

I beg to present herewith the report of the Nova Scotia Alcoholism Research Foundation.

I have the honour to be

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,
Minister of Public Health.

101-05152/

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION

1963

MEMBERS:

Arthur Kelsall, B.S.A., F.C.I.C., F.A.I.C., D.C.L.,
Annapolis Royal - - - - - - Chairman

M. Grace Wambolt, B.A., LL.B.,
Q.C., Halifax - - - - - - - Vice-Chairman

Austin Churchill, Esq., Yarmouth

Ross Eaton, B.A., B.D., D.D.,
Port Williams - - - - - - - (Resigned January 10, 1963)

Angus Norman MacDonald, B.A., Glace Bay

Raymond H. MacFarlane,
B.A., B.D., Wolfville - - - (Appointed October 18, 1963)

Mrs. John W. MacLeod, New Glasgow.

Clyde S. Marshall, M.D., C.M., Halifax.

Perry Ronayne, Esq., Dartmouth.

Harold L. Scammell, M.D., C.M., Halifax.

Bruce H. Wallace, Esq., Dartmouth.

STAFF:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax - - - - - - - - Executive Director.

Harold L. Scammell, M.D., C.M.,
Halifax - - - - - - - - Counsellor (Part-time).

Diana M. Rudolph, Halifax - - Secretary.

During the year 1963 the members of the Nova Scotia Alcoholism Research Foundation and its staff have been actively engaged in the work of initiating a number of facets of the envisaged program of research, education, treatment and rehabilitation outlined in the Final Report of the Alcoholism Research Commission, approved in 1962.

The Foundation regretfully received the resignation, early in the year, of a valued member, Doctor Ross C. Eaton, who could no longer continue in this capacity due to ill health. Dr. Eaton had indeed played an active role in the earlier work of the Alcoholism Research Commission.

To fill this vacancy on the Foundation, Reverend Raymond H. MacFarlane of Wolfville has been appointed. Reverend MacFarlane is Secretary of the Nova Scotia Temperance Federation and has had extensive experience in the field of alcohol education. He has come to Nova Scotia from Concord, New Hampshire, where he was employed as Secretary with a similar organization in that state.

The search for suitable facilities for office and clinic in the City of Halifax was a difficult problem facing the Foundation. Serious consideration had been given to the acquisition of a residence in the hospital area and its conversion to suit our special requirements. However, this did not prove to be financially feasible and rented office space was sought. Several sites were considered and the Foundation was finally successful in obtaining sufficient office space at 5639 Spring Garden Road. The Department of Public Works arranged a suitable lease for this space and partitioned it according to our specifications. We took occupancy of these premises during the summer and they have now been adequately equipped and furnished, providing us with eight rooms including a waiting room, four offices, two consulting and examining rooms and a conference room which can be utilized for group therapy sessions. The Foundation is indeed fortunate to have located such suitable facilities located within a few blocks of the hospital area.

Having found the above facilites, the efforts of the Foundation were then directed toward the problem of recruiting suitable personnel for appointment as additional staff members. Our basic requirements in this regard include a Field Representative, two Counsellors, one of whom should be a qualified Social Worker, and a Consultant Psychiatrist.

The position of Field Representative was advertised and the response was most gratifying. This is a key position in our broad educational program and requires an exceptionally well-qualified individual. Well-planned and organized activity at community level is considered to be a most vital and effective part of our future program and this will require a competent Field Representative. The appointee will have to ascertain all pertinent matters regarding a community and acquire knowledge concerning the people of that community and, after local committees have been set up, to outline and assist in a detailed program for each community.

The applicants for this position have been thoroughly screened and, although the final selection has not yet been made, a recommendation by the Foundation for this appointment should be forthcoming very shortly.

The Foundation also requires the services of a graduate from a recognized school of social work for appointment to the clinic treatment staff. A Social Worker is necessary to carry out the social assessment of the clinic patients, to establish and maintain liaison with social agencies and other facilities in the area, and to participate in counselling patients and their families. This position was also advertised but no suitable applications were submitted and it may be some time before it can be filled, since a marked shortage of such trained individuals is presently creating a problem for welfare and treatment organizations throughout the Province. We shall continue our efforts to find a qualified social worker with special interest in the field of alcoholism.

It is necessary to obtain the services of a Consultant Psychiatrist in order to carry out psychiatric assessment of selected patients and advise the patient and members of the treatment staff accordingly. At present consideration is being given to obtaining the services of a well-qualified individual interested in this field.

Due to the immediate need for professionally trained treatment personnel, the Foundation has recommended the appointment of Doctor H. L. Scammell as a Counsellor on a temporary, part-time basis, in order to meet the early demands for treatment. Doctor Scammell's services are now being utilized in this respect and we are pleased to be able to take advantage of the practical application of his extensive experience in the field of alcoholism.

With clinical facilities and the services of the Executive Director and part-time counsellor, patients are now being accepted for treatment. Doctor J .Murray Snow, the Executive Director, is able to devote part of his time to carrying out the duties of clinic physician along with some individual counselling in addition to the administrative requirements of his position.

An efficient clinic cannot function as an isolated unit, therefore, functional relationships are being worked out with the Nova Scotia Hospital, the Diagnostic Services of the Victoria General Hospital. and various social agencies in the Halifax area.

The Foundation has recommended that a Medical Advisory Committee be established as allowed by the appropriate section of the Act, this Committee to be composed of a small number of experienced and respected members of the medical profession not otherwise affiliated with the Foundation or its Alcoholism Clinic. In the beginning three members are being appointed including a psychiatrist, an internist and a general practitioner. Such a body would act in an advisory capacity only and have no administrative powers. They could be asked to advise the Foundation on matters regarding:

— the efficient working relations with hospitals and other clinical facilities.

— liaison with practicing physicians.

— professional educational efforts directed toward physicians, medical students and nurses.

— consideration of extramural research projects.

— publications of a scientific or professional nature prepared by Foundation staff members.

The Foundation has initiated its research program proposed by means of grants in aid to well-considered research projects in Nova Scotia Universities, in a field associated with some aspect of the problem of alcoholism. An application for a research grant was approved for Doctor H. D. Beach, Department of Psychology, Dalhousie University. Doctor Beach is directing a study on "The Effects of Alcohol on Anxiety and Conflict in Humans".

By means of new acquisitions of books and periodicals, the Foundation is gradually building a reference library of alcohol literature. Such a library is necessary for the use of staff members as well as offering a loan service to other interested individuals. The library also contains carefully selected pamphlets available on request to assist alcoholics, their families and friends to gain better understanding of the problem.

An appropriate educational program is being developed in correlation with the treatment center. These educational efforts are directed primarily toward the special professional groups most closely concerned with alcoholics and alcoholism. During the year Doctor Snow has participated in the Clinical Pastoral Education Course at the Nova Scotia Hospital sponsored by the Institute of Pastoral Training, and has lectured to small groups of theology students from Acadia University and the University of King's College. Doctor Snow was also invited by the Department of Psychiatry of Dalhousie University to participate in their seminar program for post-graduate students and to deliver lectures to the Public Health Nursing classes in the Faculty of Health Professions at Dalhousie University.

A more direct approach to the general public must await the appointment of a field representative and the organization of local committees. An increasing number of requests for information is being received at the Foundation offices and a supply of appropriate pamphlet literature has been obtained and is available for distribution.

The Executive Director has been requested to address meetings of Alcoholics Anonymous and to participate in a panel discussion on alcohol problems at the annual meeting of the Nova Scotia Temperance Federation. He has also addressed medical and nursing personnel at the Atlantic Zone Conference of the Department of National Health and Welfare. The Prince Edward Island Department of Education requested Doctor Snow as a guest lecturer at their Annual Alcohol Education Conference designed for school teachers.

Realizing the value of continuing medical education for physicians, the Foundation arranged for Doctor Snow to take advantage of the program of the Post-graduate Division of the Faculty of Medicine at Dalhousie University. To that end he attended a Short Course in Psychiatry, Internal Medicine, and the Annual Medical Refresher Course.

In June and July the Foundation required the Executive Director to attend the Summer School of Alcohol Studies at Rutgers, the State University, New Brunswick, New Jersey. This school, previously held at Yale University, is recognized as the leading and most comprehensive training program in this field and offered an opportunity to establish contact with numerous workers from various centers in the United States and Canada.

In order to gain further familiarization with the organization and operation of alcoholism programs, Doctor Snow visited the Alcoholism Foundation of British Columbia in Vancouver, the Alcoholism Foundation of Alberta in Edmonton and Calgary, and the Alcoholism Foundation of Manitoba in Winnipeg. In addition he had an opportunity, by personal discussion with program directors, to obtain detailed information on the state programs in New Jersey, Virginia and Florida and a more general picture of several other state programs. The experience, advice and information gained through these established contacts and visits have proven invaluable in the development of various aspects of the program in our Province.

The Nova Scotia Alcoholism Research Foundation has continued its interest and participation in the development of the Canadian Foundation on Alcoholism. Doctor H. L. Scammell is our representative on the Board of Directors and Doctor J. M. Snow is a member of the Programming Committee of this new national body.

The Foundation has also continued as a program member in the North American Association of Alcoholism Programs and this year was represented by the Executive Director at the annual meeting held at Miami, Florida.

The Nova Scotia Alcoholism Research Foundation feels that the activities of the past year have served to establish a strong basis for future development of the envisaged program.